

NEWSNOTES

Legal Assistance seeks income tax volunteers

The holiday season is fast approaching, and so is tax season. Each year, Fort Dix provides free tax assistance and e-filing to military personnel and their families through the Internal Revenue Service (IRS) sponsored Volunteer Income Tax Assistance (VITA) program. Fort Dix is seeking volunteers for the upcoming tax season. Volunteers are critical to the success of the VITA program as they prepare basic tax returns and assist in the administrative functions of running the program. The IRS will provide tax training during the entire week of December 10 at McGuire Air Force Base for anyone interested in volunteering as a tax preparer. For those who are interested in volunteering, but cannot attend the training session, an on-line training course is available. Please call the Fort Dix Legal Assistance Office at 609-562-3043 if you would like to volunteer either as a tax preparer or provide administrative support.

Combined Federal Campaign inches toward goal at Dix

More than 90 employees have contributed nearly \$13,500 to the 2007 Combined Federal Campaign on Fort Dix. Only two weeks remain to meet this year's campaign goal of \$33,000. Campaign project officers with complete information on the many charitable organizations represented by CFC have been appointed in each directorate and tenant organization. If you cannot locate your representative, call Rod Martell, ACS, 562-2186.

Thrift Shop gears up for Christmas holidays

Come one, come all, to the Fort Dix Thrift Shop on Pennsylvania Avenue next to the Museum for your first Christmas shopping stop. The shop has lots of Christmas decor items and for the rest of this month, all expired consigned and PO6501 items (Thrift Shop property) are half off, plus all expired clothing is \$2 for all you can get in paper grocery sack. The store is your store and all proceeds go back into the Fort Dix community as grants to organizations and scholarships for worthy applicants each May. The shop is open usual times, Tuesdays and Thursdays from 10 a.m. to 2 p.m., and consignments are taken from 10 a.m. to noon on those days.

The shop is also open first and third Saturdays, November 17 and December 1 from 10 a.m. to 2 p.m., and first Wednesdays, next on December 5, from 4 to 8 p.m.

The shop will be closed for Christmas week from December 20 and reopen Thursday, January 3, 2008.

WEATHER

FRIDAY -- Mostly sunny with high near 49, breezy in afternoon and overnight low around 32.

SATURDAY -- Mostly sunny, daytime high of 47, cloudy into evening and overnight low of 33 degrees.

SUNDAY -- Chance of showers, mostly cloudy, high of 51 and low of 35 degrees.

MONDAY -- Chance of rain, mostly cloudy with high of 48 and overnight low of 38 percent.

TUESDAY -- Mostly cloudy with chance of showers, high near 52 degrees and overnight low of 36.

Up in flames at Lakehurst



Pascual Flores

FIRE UP -- Firefighter Jim McDonough, Fort Dix Fire Department, and Firefighter Fred Hunsinger, Bucks County Community College Safety Training Center, from left, bring a helicopter fire under control as part of a two-week training exercise at Naval Air Engineering Station Lakehurst. Approximately 20 Fort Dix firefighters participated in the training.

Firefighters stretch skills with helicopter inferno simulator

Pascual Flores
Public Affairs Staff

Flames exploding more than 20 feet into the air from a burning helicopter seem to be a monumental challenge for just two firefighters.

But for the firefighters from Fort Dix, it was all just another day of training on the tarmac at Naval Air En-

gineering Station Lakehurst.

Utilizing firefighting equipment and trucks from Lakehurst, approximately 20 firemen from Fort Dix, endured an intense two-week training session in classrooms and on the field, to meet the requirements necessary for certification as Airport Firefighter and Airport Firefighter Driver/Operator taught by instructors from the Bucks County Community College Public

Safety Training Center. The center is a local agency for certifiable courses for Department of Defense (DoD) personnel.

Though Fort Dix does not have a regularly operational airfield, the necessity for this type of training is obvious since the post is bordered by McGuire Air Force Base at one end and Naval Air Engineering Station Lakehurst at the other end.

"Were training now in preparation for the Joint Basing," said Jeffrey Silagy, chief, Fort Dix Fire Department, Directorate Public Safety, of the mandate set down by the last Base Realignment and Closure Commission to merge some installation support missions.

Handling a variety of emergencies on the installation, the members of the fire department are trained to respond

to situations ranging from training the community about fire safety, to include vehicular accidents, range and brush fires, serving as first responders to injuries, handling hazardous material spillages as well as building inspections and building structural fires.

Nearly one third of the Fort Dix firefighters have been prepped for this training in handling aircraft fires by working with other DoD agencies. The addition of this new training gives the firefighters another skill to use when tackling the large list of responsibilities for providing safety in the community.

Unlike structural fires that may involve three to six people, the number of passenger on board an aircraft can sometimes top 500 people who must be evacuated.

(continued on page 3)

Reconstruction booms in Iraq

Tim Kilbride
American Forces Press Service

BAGHDAD, Nov. 14, 2007 -- Coalition officials are taking advantage of a decline in insurgent violence to jumpstart a transition into long-term stability operations, a U.S. commander said in Baghdad.

With the effects of the U.S. troop surge bearing positive fruit in the form of reduced attack numbers, reduced casualties, and an increase in weapons cache finds, U.S. forces can pay more attention to capacity build-

ing in Iraq's towns and provinces, Army Maj. Gen. Rick Lynch, commander of Multinational Division Center, told reporters in the International Zone.

"(Iraqi) civilian casualties since the 1st of July are down by 42 percent, coalition casualties are down by 68 percent, and the Iraqi security force casualties are down by 37 percent," Lynch said.

In the same period, Lynch said, there was a 43 percent decrease in overall attacks in his area, which includes Najaf, Karbala, Babil, Wasit and parts of Baghdad province.

That number includes a 59 percent decrease in improvised-explosive-device attacks, he said.

"Why do you think you've had that significant change since the 1st of July?" the general asked.

"The first reason is the surge. The surge gave us the combat power we needed to reach out and touch the enemy," he explained.

"The second thing is the fact that we don't commute to work any more," he said, referring to Army Gen. David H. Petraeus' counterinsurgency strategy of embedding troops into communities they patrol.

Petraeus is the top coalition commander in Iraq.

"What we do is we conduct operations where the enemy owns the terrain, and the end state of that operation is establishing a patrol base," Lynch said.

From these bases, U.S. troops can provide a "sustained security presence," he explained.

The tipping point, however, and what is now enabling coalition forces to press ahead with civil affairs projects, is the participation of the Iraqi people.

(continued on page 6)

Veterans of all eras honored



Shawn Morris

Soldiers fold the U.S. flag during a Veterans Day Retreat Ceremony held outside Wurman Hall Nov. 9. Participating in the ceremony were Soldiers from the Mobilization Readiness Battalion and the Fort Dix Non-Commissioned Officer Academy, along with a handful of Team Dix civilians. For more photos of Veterans Day events, see page 4.

Literary lion leaves lively legacy

Steve Snyder
Public Affairs Staff

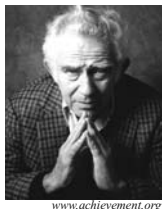
Norman Mailer, a mastodon of machismo among America's literary set, died of acute renal failure at Mount Sinai Hospital in New York City on Nov. 10.

He was 84 years old. Mailer published 39 books, including 11 novels, in a career that spanned 60 years. Beginning with his war novel *The Naked and the Dead*, written in 1948, his fiction influenced two generations of readers. And his works of non-fiction paralleled that achievement, too.

Born in Long Branch, N.J. on Jan. 31, 1923, Mailer's family moved to Crown Heights, Brooklyn when he was nine years old and he never left thereafter except for brief stints at Harvard, where he knocked off an engineering degree, and in the Army, which supplied him with the material for his first novel.

Mailer was inducted into military service in March 1944 and worked as a surveyor in field artillery, as an intelligence clerk in the cavalry and as a rifleman with a recon platoon in the Philippine mountains. The experience gave him the idea for *The Naked and the Dead*, which became an immediate best seller and he was on his way.

But following his first hit, his other early fiction didn't sell too well with the public and Mailer became a very public intellectual, helping found *The Village Voice* newspaper, embracing the hipness of 50s beatniks like Jack Kerouac and



Norman Mailer

Allen Ginsberg in pieces like "The White Negro", celebrating the Kennedy years with essays as incisive as "Superman Comes to the Supermarket" and generally laying the groundwork for what came to be called the "New Journalism."

Practioniers of the New Journalism tried to get into the head of their subjects and few, aside from Tom Wolfe and Gay Talese, succeeded as well as Mailer. His essays in books like *Advertisements for Myself* (1959), *The Presidential Papers* (1963), *Cannibals and Christians* (1966), and *Pieces and Pontifications* (1982) offered stunning insights into contemporary phenomena ranging from existentialism to sexual mores.

Mailer fearlessly tackled issues of the day involving political protests (*The Armies of the Night*, 1968), politics as usual (*Miami and the Siege of Chicago*, 1968), feminists (*The Prisoner of Sex*, 1971), boxing, detailing Muhammad Ali's epic re-gaining of the



Neal Boenzi, NY Times

RUNNING AGAINST THE MACHINE -- In a futile effort, Mailer ran for Mayor of New York City in 1969, above, aided by the likes of that poet laureate of Brooklynese, Jimmy Breslin, at right.

heavyweight crown (*The Fight*, 1975), a killer's lack of remorse (*The Executioner's Song*, 1979), and the assassin of a president (*Oswald's Tale: An American Mystery*, 1996).

Three of Mailer's especially appealing sojourns into historical fiction included *Ancient Evenings*, 1983 (about Egypt), *Harlot's Ghost*, 1991 (over a thousand pages speculating on the history of the CIA), and a foray into the mind of Adolph Hitler in 2007's *The Castle in the Forest*.

For such a productive writer Mailer led a wild life off the printed page. He fathered nine children with six wives, stabbed one of his wives at a cocktail party, head-butted fellow writer Gore Vidal at another party, bit off part of actor Rip Torn's ear, flew gliders, boxed anybody who would take him on, ran for major of the Big Apple in 1969, delighted in reciting obscene poetry

outside of a Manhattan YWHA, feuded with and debated feminists, and produced five eminently forgettable films.

Mailer advised young writers to "Avoid booze, pot, too much sex, (and) too much failure in one's private life." But except for avoiding failure, Mailer never followed his own advice.

There were few, if any, worlds left for him to conquer when he died. Fans will miss his inimitable blend of intellect and machismo. Only his idol, Hemingway, combined them as well.

Those needing an introduction to Mailer's art can do no better than to grab *The Time of Our Time*, a 1328-page collection housing his best works (Modern Library, paperback edition, \$24.95).

There was only one Norman Mailer. But that's all the world could take.

Musings by Mailer



"He may have been a fool, but he certainly did his best...and that can't be said of all fools."
Mailer's suggested epitaph

"Ultimately a hero is a man who would argue with the gods, and so awakens devils to contest his vision. The more a man can achieve, the more he may be certain that the devil will inhabit a part of his creation."

"This notion of the women's movement that women are good and men are evil is about as useful as Hitlerism or Communism or Political Correctness or any kind of ideology that is limiting or constricting."

"There was that law of life, so cruel and so just, that one must grow or else pay more for remaining the same."

"Sentimentality is the emotional promiscuity of those who have no sentiment."

"The natural role of twentieth-century man is anxiety."

"There is nothing safe about sex. There never will be."

"Hip is the sophistication of the wise primitive in a giant jungle."

"I don't think life is absurd. I think we are here for a huge purpose. I think we shrink from the immensity of the purpose we are here for."

"Masculinity is not something given to you, but something you gain. And you gain it by winning small battles with honor."

"Philosophy is in danger of becoming obsolete... men begin to have respect not for those simple ideas which are mysteries, but on the contrary for those simple ideas which are certitudes."

"In America all too few blows are struck into flesh. We kill the spirit here, we are experts at that. We use psychic bullets and kill each other cell by cell."

"We're all divided souls, we've got two natures in us, you measure schizophrenia not by the fact that you're divided but how well the divisions speak to one another."

"Because there is very little honor left in American life, there is a certain built-in tendency to destroy masculinity in American men."

"Culture's worth huge, huge risks. Without culture we're all totalitarian beasts."

"I have this feeling of affection for the absolute sense of intellectual freedom that exists as a little nerve, a live wire, right through the center of American life."

"My American dream is that we just become less sentimental, less God-driven. I mean, I happen to believe in God, but I think we are religion-riders. So my American dream is that we become what we could be, which is we search deeper and deeper into the mystery of life and develop a more fabulous sense of what the real American possibilities are, rather than the notion that the corporations know how to do it all - believing God and the corporation is going to solve the problems of the universe. They won't."



AP

CLASH OF THE TITANS -- Literary lion Norman Mailer arm wrestles heavyweight champion Muhammad Ali at a San Juan hotel in 1965.

"I respect most boxers because they're violent people who learned to discipline themselves... a good boxer is a good artist... Boxing is existential - some fights are better than others."

the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-FA-PA-CI, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided, and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 571-8087.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>

Post Commander Col. Ronald R. Thaxton

Public Affairs Officer/Editor Carolee Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Beverly Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder
PAO Community Relations Gerry Zanzalari
Fort Dix Public Affairs Office Contract Workers
Wayne Cook, Ed Mingin, Shawn Morris, Ryan Morton

WE GUARANTEE DELIVERY of your Fort Dix Post
The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-8080.

American Indian Heritage Month

Cherokee Soldier gives history lesson

Cpl. Nathan Hoskins
1st ACB, 1st Cav. Div.
Public Affairs

CAMP TAIL, Iraq - Soldiers of the 1st Air Cavalry "Warrior" Brigade, 1st Cavalry Division, got a brief glimpse into American Indian history and culture Nov. 5.

The keynote speaker for the event was Chief Warrant Officer 4 Rick Runninghawk, a 1st ACB tactical operations officer.

Runninghawk, a Cherokee native from Ahlben, Texas, talked a little about his family history to give the troops in the attendance an idea of what it was like for him growing up.

His family name, Runninghawk, was changed long ago to Newton, said Runninghawk. "The family name was changed so that we could not use or rely on our heritage as a crutch," he said. "So everything that we had achieved, attained and accomplished was done the white man's way and therefore could not be taken away."

After many years in the Army as both an enlisted Soldier and now a warrant officer, Runninghawk felt he had proven himself worthy of taking back his family name, he said.

"I felt it was time to take back the family name and be proud of where my roots came from and who I am today because of what my predecessors, my family members and all other Native Americans have endured, said Runninghawk.



Diorama of the Battle of Horseshoe Bend from the Horseshoe Bend National Park Museum in Alabama

STAUENCH ALLIES -- About 500 Cherokee warriors saved Gen. Andrew Jackson's life and command during the Battle of Horseshoe Bend, which was fought on March 27, 1814 in central Alabama. Jackson and his Cherokee allies defeated the Red Sticks, part of the Creek Indian tribe inspired by Shawnee chief Tecumseh. The battle effectively ended the Creek War but didn't stop Jackson from eventually authorizing the Indian Removal Act which forced the Cherokees from their land and onto the infamous Trail of Tears to the far west.

Runninghawk also discussed the Trail of Tears and how his tribe was affected by it. "In the 1830s gold was discovered in Georgia and gold fever ran rampant; therefore, the people began to move into Cherokee lands and wanted more and more," he said. "Finally, dissension and hate came upon the land and the settlers put into motion what is now called the Indian Removal Act of 1838, which we call the Trail of Tears."

Ironically, at that time in the 1830s, the Cherokees were escorted along the Trail of Tears by cavalymen. These units would later make up the 1st Cavalry Division, which Runninghawk serves under.

Yet another irony was the authorization of the Indian Removal Act, said Runninghawk.

"President Andrew Jackson, his command and life, were saved by 500 Cherokee allies during the Battle of Horseshoe Bend in 1814, (see picture above) said Runninghawk.



Your Cherokee Guide Cherokee, North Carolina

TRIBAL WAYS -- A contemporary Cherokee dons traditional garb for a ceremony on the Cherokee Reservation in North Carolina.

Now the irony in this whole thing is that President Andrew Jackson was the one who authorized the Indian Removal Act."

For the Cherokee Nation, the roots they took on the Trail of Tears ended in Tahlequah, which is now the capital for their tribe, said Runninghawk.

Since American Indians began serving in the Army they have made significant contributions, one of which is portrayed in the movie *Windtalkers*, said Torrejon, N.M. native Sgt. Samantha Brown, supply sergeant for C Co, 615th Aviation Support "Cold Steel" Battalion, 1st ACB, 1st Cav. Div.

Brown, who proudly proclaims her full-blooded Navajo lineage, discussed how Navajos used their language to encode messages during World War II; it code which was never broken by the enemy, she said. She also read a poem by Navajo poet Della Frank, in her native language.

"Not a lot of people have heard the way I speak; only the people I work with. A lot of people have said they're interested in hearing me speak," she said. "I talk to my family in my native language all the time."

Runninghawk closed the evening's ceremonies with a request to all who were in attendance.

"I hope your travels... you take a look around and you notice (Native American Soldiers). They've done a lot; they've come a long way. The contributions, dedications and accomplishments by them were pretty substantial," he said.

"We care about our great nation, the United States of America, as much as anyone else," Runninghawk said.



The Trail of Tears, painting by Robert Lindneux, Woolarac Museum, Bartlesville, Oklahoma, courtesy of Facts on File, Inc.

THE TRAIL WHERE WE CRIED -- In 1838 the Cherokee Nation was forced to relocate to the Western United States. An estimated 4,000 Cherokees died on the infamous Trail of Tears. Enforcement of the Treaty of New Echota made under provisions of the Indian Removal Act of 1830 was never accepted or probably understood by leaders and people of the Cherokee Nation. The treaty was nevertheless enforced by President Andrew Jackson, who sent federal troops to round up about 17,000 Cherokees in concentration camps before they were marched West. Disease festering in these camps caused most of the Cherokee deaths. The Cherokees called the Trail of Tears "Nunna daul Isunyi" - "the Trail Where We Cried."

Sgt. 1st Class Nelson Long Jr. 1971 - 2007

A former NCO who had returned from Iraq only two months ago after being decorated for bravery and who had also distinguished himself by his service at Fort Dix died last week in an auto accident in Pennsylvania.

Pennsylvania state police at Jonestown, near Pottsville, verified that Sgt. 1st Class Nelson Long, a resident of Myerstown in Lebanon County who was currently serving with the 1067th Transportation Co. in Pennsylvania's Army National Guard out of Phoenixville, died after his Dodge Durango failed to navigate a curve, striking two trees before overturning at 2 a.m. on the morning of Thursday, Nov. 8 north on route 501 in Jackson Township.

Long was pronounced dead on the scene after he had lost control on a right-hand curve. Friends said they believe he was returning home from work as a trucker.

Long was not wearing a seat belt.

Mobilization/Operations Officer Lt. Col. Cynthia Palinski said in a message that she remembered Long, describing him as "a great NCO who served here at Fort Dix for two years in support of Operation Enduring Freedom and Operation Iraq Freedom." She noted that Long had been assigned to the 1067th Transportation Co. (PAARNG) but that she had worked with him in the Directorate of Logistics (DOL).

"He did an outstanding job for the installation," she said, adding "Sergeant Long was an outstanding NCO who put others' lives and welfare before his own, the essence of being a great Soldier. He was always hardworking and upbeat - the kind of NCO that made the mission happen."



Sgt. 1st Class Nelson Long

motor pool in the morning and usually the last one to leave. He spent much of his time working with the younger Soldiers, developing them into better drivers and future leaders," continued Wisniewski.

"Sgt. 1st Class Long truly enjoyed what he did in the military and strived to inspire those around him to feel the same. During his time here, Long impacted many of the MRRB Soldiers, (serving) as NCOIC for many of the field training exercises we held."

"He was a great Soldier and an even better friend and will be sorely missed by all who knew him," concluded the captain.

Long, a member of Pennsylvania's Army National Guard, had served a year in Iraq before returning in September.

He came home with a Bronze Star for Valor on his dress uniform.

Long had been in Iraq only a month when he saved the lives of three of his fellow Soldiers in October 2006 - at great danger to himself - said his company commander, Capt. Frank Brown.

He went to Iraq with 152 other Soldiers belonging to the 213th Air Defense Artillery Battalion out of Spring City, Pa. Long's company was stationed in the desert about 60 miles northeast of Baghdad. Their job was to provide convoy escorts and guard critical sites. It was dangerous duty but Long never blinked, according to his company commander.

"You could drop him in any situation and he would do well," Brown said.

That October, an armored security vehicle in Long's company was hit by a roadside bomb and exploded in flames, Brown said. Filled with ammo, the vehicle also held hundreds of grenades and 800 .50-caliber rounds that began exploding shortly after Long and another Soldier pulled their buddies to safety, Brown said.

Since each grenade had a kill radius of five meters, Long was in extreme danger. But he ignored it to help his men.

The squad commander in the vehicle was killed, two Soldiers lost a leg apiece, and another troop broke his back. They are currently recovering in a hospital.

"It really is a shame," Brown was quoted as saying when hearing of Long's death on the highway. "He drove all over Iraq and saw his fair share of action. Then to come back here and die a few months later... You go to a war zone and feel invincible when you get back, but there are still dangers."

Last month Long was honored at the Eagles-Bears game and around the same time, was named Service Member of the Year from Liberty USO, which helps military personnel and their families in Pennsylvania and New Jersey.

Nelson Long was born in Lancaster, Pa., on Oct. 12, 1971. He was a 1990 graduate of Elco High School where he starred as a lineman for the Elco Raiders in the late 1980s.

After graduation, Nelson entered the Marine Corps in Hawaii, serving from 1990-94. While in the Marines, he served in both Desert Storm and Somalia. Discharged in 1994, he joined the Army National Guard shortly thereafter, serving with the 121st Transportation Co. out of Lebanon, Pa. before transferring to the 131st Transportation Co. in Williamstown.

As a sergeant first class, Long then joined the 1067th Transportation Co. from Phoenixville where he deployed to Fort Dix from 2004-06.

As a civilian, Long worked as a truck driver for AWI in Robeson, Pa. for 14 years and was a member of Friedens Lutheran Church in Myerstown. He was also a member of the local Polar Bear Club whose members jumped into the Millardville Quarry on every New Year's Day.

Nelson enjoyed fishing, hunting, and his dogs.

He is survived by his wife of 14 years, Daphne K. Makaila Long; his parents, Nelson and Shirley Long; a son, Neil; stepchildren Mandy Griffe and Lopaka Kimura; and five sisters.

A memorial service was scheduled to be held Thursday, Nov. 15, at 4 p.m. in the Grose Funeral Home a 358 W. Washington Ave. in Myerstown. No viewing was scheduled. Interment is slated for today, Friday, Nov. 16, at the Indiantown Gap National Cemetery, East Hanover Township.

In lieu of flowers, the family prefers memorial contributions be made to the Neil K. Long Trust Fund, c/o Fulton Bank, 200 W. Lincoln Ave., Myerstown, Pa. 17067.

Team Dix salutes a warrior we'll always remember.

-Steve Snyder



Pascual Flores

WHOOSH - A firefighter from Lakehurst ignites the gas burner affixed to a helicopter during training on aircraft firefighting class last week.

Firefighters tackle aviation

(continued from page 1)

Because most aircraft fires occur either at the start or end of the runway, time is very important.

"If a crash occurs and you see it, you have only three minutes to respond, but if you are notified by the airport tower, you only have one minute to respond from the time of the announcement," said Fire Capt. Bruce Flynn, 20 years with the Fort Dix Fire Department.

"Another difference about aircraft fires is, if an aircraft breaks, you may have mass casualties with fuel fires that spread out over large areas with airplane and human casualties on the ground and the responders have only seconds to contain the fires and make the rescues," said Flynn.

With aircraft fires, the training, techniques and procedures differ greatly from structural fires. In a building fire, you may have one or two doorways available to evacuate the people still inside and possibly be able to turn off the flow of gas into the building.

The training and procedures for extinguishing fires onboard an aircraft require vastly different knowledge and techniques.

The firefighter preparing to battle the flames onboard an aircraft needs to be familiar with the type of plane involved, the plane's wiring system, type and location of the hydraulic and fuel lines. They must also know — if it becomes necessary — where to cut into the aircraft without causing structural support damage as well as the type of cargo on the plane, the location of the exit doors and how many passengers are onboard.

Earning certification as an Airport Firefighter and Airport Firefighter Driver/Operator is not easy. Those attempting the feat must train in the classroom and the field for 40 hours a week with reading assignments in the evening in preparation for the final 150-question exam at the end of the program.

"We can assist McGuire better because we understand the procedures and terminology and how they work," Flynn said.

"Having both structural and aircraft firefighting training makes us a better asset to the community and the department," said Fireman Jim McDonough, four year veteran with the department.

SBA NY office approves first Patriot Express Initiative loans

SBA News, New York, NY—The U.S. Small Business Administration's New York District Office today announced that in conjunction with its participating lenders, it has approved six loans under the Patriot Express Loan Initiative for military community entrepreneurs.

Patriot Express is a streamlined loan product based on the agency's highly successful SBA Express Program, but with enhanced guaranty and interest rate characteristics designed to meet the specific economic needs of the military community venturing into private businesses.

It is available to military community members including veterans, service-disabled veterans, service members leaving active duty, Reservists and National Guard members, current spouses of any of the above, and the widowed spouse of a service member or veteran who died during service, or of a service-connected disability.

The SBA office has approved six loans since the program was launched in July, including two already disbursed to the Dunn Rite Limousine Service in the Bronx and the That's Me! Salon in Middle Island.

"I want to commend two of our lending partners in particular—Bank of America and JP Morgan Chase—as they have each written three of the six loans," said Acting SBA District Director Herbert Austin.

"It is important for us to support those who have served our country, so I want to further challenge our 30 approved Patriot Express lenders to collectively do "60 veteran loans in 30 days," added Austin.

The Patriot Express Pilot Loan Initiative can be used for most business purposes. Details, including the list of local participating lenders, can be found at www.sba.gov/patriotexpress.

Heroes remembered



Ryan Morton



David Moore



Sgt. Pascual Flores, 1079th GSU



1st Lt. Antonia Greene,
72nd FA Bde. Public Affairs

Soldiers from the 1079th Garrison Support Unit, 77th Regional Readiness Command, left, march down Fifth Avenue during the New York City Veterans Day Parade Nov. 11. Sgt. Shane Land, 72nd Field Artillery Brigade, above, speaks at the Blue Cross/Blue Shield Veterans Day event in Chattanooga, Tenn., Nov. 12.

Sgt. 1st Class Wendell Kirkland, top left, speaks about his military experiences to children at the Fort Dix Elementary School Nov. 7. Soldiers of the Mobilization Readiness Battalion, top right, form up in front of Wurman Hall to commemorate Veterans Day during Retreat Nov. 9.

Soldiers and their families were invited to the 75th Anniversary Christmas Spectacular at New York City's Radio City Music Hall Nov. 12. Spc. Vicki Golding, 2006 Military Idol winner, right, kicked off the show by singing the National Anthem. The concert was offered free-of-charge to the troops and was sponsored by the USO.



Shawn Morris



Tech. Sgt. Mark Olsen, Dept. of Military and Veterans Affairs

Gov. Jon Corzine, Maj. Gen. Glenn K. Rieth, the Adjutant General of the New Jersey National Guard, and retired Lt. Col. Stephen Abel, state deputy commissioner of Veterans Affairs, from left at left, place a memorial stone at Brig. General William C. Doyle Cemetery, Arnetown. Edgar "Ted" Caffyn, right, joins fellow veterans during American Legion Post 325's Veterans Day service in Wampum Memorial Park, Eatontown. Cub Scout Pack 52 members, below, place a memorial wreath in the park, which is located near Fort Monmouth.



photos by Shawn Morris



NEIGHBORHOOD

THE CORNER

United Communities needs Resident Board members

Fort Dix and McGuire Air Force Base are seeking additional Family Housing Residents to serve on the housing privatization Resident Representative Board (RRB).

The RRB's objective is to provide resident input to improve their housing communities. The RRB works in partnership with United Communities (UC) and the joint Fort Dix/McGuire Government Family Housing Office to identify, discuss, and resolve privatized housing issues/concerns and to support the command-level Management Review Committee.

RRB members need to be UC family housing residents and willing to obtain input from other residents. The RRB meets once a month, typically at 1 p.m. on the second Wednesday on Fort Dix or McGuire.

The next RRB meeting is scheduled for Dec. 12 at 1 p.m. in the McGuire Club, 2508 East Third Street. For more information or to join the RRB, call Judith Holliday at 754-3361 or Rich Sample at 562-5025. Or, send e-mail to judith.holliday@mcguire.af.mil or richard.sample@us.army.mil.

Finance Office adopts new hours of operation

The Fort Dix Finance Office is now open Monday through Wednesdays and Fridays from 9 a.m. to 3 p.m. and Thursdays from 1 to 3 p.m. The office is located in Building 5418.

ACS, RE/MAX to host real-estate seminar

Army Community Service and Operation RE/MAX will present Becoming a Real Estate Agent with Joseph A. Trela Nov. 16 from 5 to 7:30 p.m. in Bldg. 5201 Maryland Avenue.

The seminar is open to active and retired service members, military spouses and veteran service personnel.

A question-and-answer session will follow the presentation. Call Rod Martell at 562-2186 to register. Seating is limited to 20 attendees.

DoD taking nominations for ESGR Freedom Award

The Department of Defense opened the nomination season for the 2008 Secretary of Defense Employer Support Freedom Award Nov. 1.

Nominations will be accepted at www.esgr.mil until Jan. 21, 2008. The Secretary of Defense Employer Support Freedom Award is the U.S. government's highest recognition given to outstanding employers.

For questions regarding the nomination process, please call Hank Pierre of the New Jersey ESGR Committee at 562-0156.

State to offer Army retiree license plates

The Fort Dix Retiree Council would like to solicit your help in supporting the N.J. Retired Army Retiree License Plate Initiative.

To apply for the New Jersey Retired Army plates, a minimum of 150 applicants are required. There is a fee of \$15 for each set of license plates per car.

To apply, call retired Command Sgt. Maj. Walker at 351-5020, retired 1st Sgt. Tamayo at 670-3586, or the RSD at 562-2666. Information needed is name, rank, address, and current license plate number.

Checks and money orders should be made payable to the Fort Dix Retiree Council. Only N.J. residents can apply.

Parenting Workshop coming to CDC

The Army Family Advocacy Program and the Abbott Workshop will host a 1-2-3 Magic Workshop: Effective Discipline for Children Ages 2-12 Dec. 5 from 6 to 8 p.m. at the Fort Dix Child Development Center, Bldg. 5523 Tennessee Avenue.

If you are looking to implement an effective discipline program that really works, sign up for this seminar. Participants will receive a free copy of Dr. Phelan's book.

For information and to register, call Jennifer Warren at 562-4830. Free childcare is available.

Wine tasting a la Club Dix superb!

Steve Snyder
Public Affairs Staff

Well shiver me timbers.

I thought wine tastings in Stuttgart, Germany were the cat's meow but Club Dix outclassed them all last Friday in a wine and cheese tasting high-powered enough to warm the cackles of even a connoisseur's jaded gullet.

Twenty-eight different wines from three wineries graced tables accompanied by cheese worthy of the gods - soft Borsini with garlic, Holland's soft Brie, Huntsman Double Gloucester with Blue Stilton from England, Manchego Gran Maestre (a Spanish taste treasure), Port Salut Semi-soft from France, Singelton's Cheddar Cheese with Elderberry Port Wine out of England and Yorkshire's Wensleydale with cranberries, also out of Great Britain.

I was particularly impressed by a vintage named *Alexander the Great*, showcased by the Balic Winery out of Mays Landing. Cabernet Franc, Napoleon Bonaparte, Creme Red, Cream White, Almanique, Pomegranate, Blackberry, Blueberry and Holiday Spice were other brands bubbling under the Balic label.

I was introduced to a tingling Cabernet Sauvignon by a charming lady representing the Renault Winery out of Egg Harbor City. Chardonnay, Chablis, Fresello, White Merlot, White Syrah, Merlot, Royal Rouge and Blueberry Champagne were other Renault offerings designed to wow imbibers. And they did!

And Hamilton's own Tomasello Winery was ably represented at the tasting with a daunting Cape May Red, a saucy Cape May White, American Claret, the exotic Rkatsiteli, the royal Ranier Red, Niagara, Red Raspberry, Cranberry, and Mulled Spice.

About 70 people turned out for the tasting, not bad for a holiday weekend, according to Ed Scully, Morale, Welfare and Recreation's business impresario. Scully joined MWR chief Sarah Johnson in wine-sipping excursions across most of New Jersey to set up the club's taste-whetting extravaganza, a feast fitting for empyrean tables.

Johnson and Scully's Homeric wanderings were abetted by Community Recreation Director Bob Vogt and the elite crew powering Club Dix. Their efforts justify the most effusive praise.

Voila! Life after dark on Fort Dix would be a cultural revolution. Only time - and wine - will tell.

Voila!



DELECTABLE DUO -- The cognoscente were out in force last Friday, surveying the scene at Club Dix's wine and cheese tasting foray which featured taste delights gathered from three area wineries unveiling 28 different types of vino accompanied by seven scintillating brands of cheese. Evening delights were accented by chef Migdalia Vega's luscious floral arrangement (directly below) and ice cool jazz served up by the Palmer Jenkins Trio composed of Palmer and Mark Cohn, both below left, and Michael Law. C'est magnifique!



photos by Steve Snyder

Issues raised at Family Action Plan event

Veverly Wakefield
Public Affairs Staff

The 2007 Army Family Action Plan (AFAP) conference was held Nov. 7 at Fort Dix's Timmermann Center.

More than 50 delegates and Subject-Matter Experts (SMEs) participated in the conference, representing Warrior Transition Unit Soldiers, family members, retirees, and civilians.

Fort Dix tenant commands were also well represented, including the NCO Academy, U.S. Air Force Expeditionary Center, MEPS Command, NEARISC, 2nd Brigade, 75th Division, and 2/309th.

SMEs were onsite from the Directorate of Public Works - Housing Privatization Manager, IAP World Services, Contract Management, United Communities, Directorate of Public Safety, 305th Medical Group, PX and commissary.

Delegates assembled into four work groups. They raised approximately 25 issues. Each group briefed at least one issue during Report Out to Col. Ronald Thaxton, installation commander.

Feedback from the conference attendees has all been positive. In fact, some of the delegates recommended a semiannual AFAP conference. That recommendation is presently under consideration.

Some of the issues that were being addressed at this year's conference were:

- Unsafe pathway to Fort Dix Elementary School
- Open recreation for 8, 9, and 10 year olds at the Youth Center, evenings and Saturdays
- Air Force/Army/Coast Guard/Navy/Marines Profile System/Physicals on different systems
- Med records-system not working
- Safety issue at one-mile track on 18th Street, Albany and Buffalo near Doughboy Loop
- Mold/mildew in Soldier rooms - UPH buildings
- Inadequate temporary housing for



Veverly Wakefield

FUTURE PLANS -- Matt Bloomberg, investigator with DPTMS, and Stephen Melly, Fort Dix safety director, standing, join with members of the Fort Dix Retiree Council and Alcohol and Substance Abuse Program in addressing the 305th Medical Group regarding issues that were presented at the Army Family Action Plan conference.

- incoming permanent party
- Chaplain support at JRC
- Disability Awareness Training - Listening and Compassion Training
- Respite money for active-duty families - None for National Guard or Reserve
- Urgent medical care on Fort Dix and McGuire
- Install additional lighting at the WTU building
- Psychiatric-medication follow up for Soldiers
- Provide additional services at the PX

New seminars at the commissary. At the conclusion of the conference, work groups presented the issues to Thaxton. Thaxton thanked all who participated and will be reviewing all the issues.

Speakers needed to engage community

Gerry Zanzalari
Community Relations

Fort Dix is fortunate. Fortunate in the sense that we are among friends when it comes to our neighbors. Our nearby communities contribute greatly to the quality of life we enjoy.

And being positively connected with our neighbors is a significant benefit when it comes to community relations. A good way to connect with our off-post neighbors is to get involved with them through the Fort Dix Speaker's Bureau.

Talking to local clubs, churches, service organizations and professional groups not only gives us the chance to take the Army message directly to local audiences, it also gives us the perfect opportunity to enhance our relationships with those audiences. Getting to know

our neighbors is a great way to put a face and personality to who we are rather than being seen as an impersonal organization that is above the community and not part of it. People prefer to do business with people they know and becoming a good will ambassador for Fort Dix can go a long way toward changing perceptions.

The Fort Dix Public Affairs Office is currently looking for officer and senior NCO volunteers to help us in our community relations efforts by becoming part of our speaker's bureau. All that's needed for speaking engagements is enthusiasm, personality and the ability to read and engage the audience.

So if you have the availability and desire to connect with our neighbors and bring a personal touch to the Fort Dix community, please call Gerry Zanzalari, Fort Dix Public Affairs, at 562-2909.

Study finds post-deployment health screenings successful

Sgt. Sara Moore, USA
American Forces Press
Service

WASHINGTON, Nov. 13, 2007 — The system of post-deployment health screenings the Army has set up is working to identify mental health problems in Soldiers returning from combat and reduce the stigma of seeking mental health care, a study that will be published tomorrow found.

The report, titled "Longitudinal assessment of mental health problems among active and reserve component Soldiers returning from the Iraq war," which will be published in the Journal of the American Medical Association, looks at the first 88,000 Soldiers who went through an initial post-deployment health screening and a second screening three to six months after they returned from combat.

The study found that the second screening, which was put in place after a preliminary Army study suggested that a group of Soldiers' health problems were being missed with only one screening, is working to identify more health concerns and potential problems before they become worse, Army Col. Charles Milliken, with the division of psychiatry and neuroscience at Walter Reed Army Institute of Research, said today in a conference call with veterans service organizations.

"What we're hoping to do with the screenings is to tackle mental health problems while they're still small and temporary," Milliken said. "When these problems get bigger and more complicated, they're much harder to treat, and it increases the likelihood that they will become a chronic, long-term problem. Through post-deployment screenings, we're attempting to catch problems early and intervene early."

In addition to health screenings, the Army also has instituted a program called "battle mind training," which allows Soldiers who have recently deployed to interact with each other and learn about common problems faced by returning veterans.

In addition to the two health screenings, the Army also has instituted a program called "battle mind training," which allows Soldiers who have recently deployed to interact with each other and learn about common problems faced by returning veterans, Milliken said.

This study found that that training, in conjunction with the health screenings, is helping to reduce the stigma of seeking mental health care, he said.

Not only do the screenings identify Soldiers who need mental health care, but after going through the process, many Soldiers are identifying their own problems and seeking help, he said.

Another important finding from the study was that, of soldiers who identified suffering from depression or post-traumatic stress disorder during the first health screening, more than half had improved by the time of the second screening, Milliken said. Many of these Soldiers improved without treatment, he said, which shows that the training process itself is acting as an intervention for early mental health problems.

Overall, on both screenings, 20 percent of Soldiers were referred for mental health treatment or were already under care at the time of the second screening, Milliken said.

This rate is comparable to what the Department of Veterans Affairs reports about the rate of mental health diagnoses for recent combat veterans. Army leaders hope that by identifying these problems early, they can treat the Soldiers before the problems progress, he said.

"We are proactively seeking to understand the human dimension of war and apply what we've learned in ways that improve the care that we're providing the Soldiers," he said.



Steve Snyder

Dixans say 'Hooah!' to health

Jeff Presnar from Rnge Control checks with Mickie Lyman, representing Amerthealth Insurance Company at the health fair Wednesday at Club Dix. Attendance was sparse which meant that most federal workers had their health care plans intact and under control.

WWW.DIX.ARMY.MIL

New and improved to better serve
YOU

Read The Post!



www.army.mil

PAVING THE WAY — Coalition officials are taking advantage of a decline in insurgent violence to jumpstart a transition into long-term stability operations, such as building infrastructure, in Iraq's towns and provinces.

Reconstruction

(continued from page 1)

in providing security for their own communities, Lynch said.

"It's the locals who've said, 'I've had enough,'" he said. "They know who lives in that village. They know who's the good guy; they know who's the bad guy."

With 26,000 Iraqi concerned citizens and security volunteers involved in guarding key infrastructure in his area, Lynch said that by January 2008 coalition forces could shift their core focus to capacity building.

"We're going to work that hard after the first of the year on the areas of governance, economic development and Iraqi security forces," he explained.

Army Brig. Gen. Ed Cardon, deputy commander for support of Multinational Division Center, described the effort.

"Capacity building is really defined in terms of governance, and that's the ability of the government to provide services to the people, to include employment, and then the development of the economy," he explained.

A cornerstone of the capacity-building program so far has been assessment of communities and the distribution of "micro-grants," Cardon said.

U.S. troops, State Department employees, and representatives of the U.S. Agency for International Development — the key players in provincial reconstruction teams — look at Iraqi towns to determine where the right combination of stability and potential exists for U.S. investment. In many cases, Cardon said, it is a matter of restoring these local economies to the level they were at before the war by restoring centers of industry, as well as the small businesses that surround them.

In the case of small businesses, turnaround can be quick, Cardon said, with micro-grants distributed "often in the terms of just hundreds of dollars, not thousands of dollars."

Lynch pointed to the town of Hawr Rajab as an example

of the security-to-prosperity transition strategy at work. The military is holding up the town as a "model community" for Iraqis to study.

"There was a major exodus of the people who lived in Hawr Rajab based on al Qaeda attacks. Eighty percent of those people left," Lynch said. "Now they're back. And what they came back to is shops that were destroyed by al Qaeda."

"We're going to help them rebuild those shops by using micro-grants," Lynch explained. "So when you walk the streets of Hawr Rajab, you see shops that were closed or destroyed, and when you go back with us in a few months,

you'll see shops that are open and viable, just like you have in Jurf as Sakhr now."

Jurf as Sakhr is the second model community the military is highlighting as an example of what Iraqis can have if they cooperate with coalition forces. "You walk down the street and everything in that village above 8 feet high is flying in Iraqi flag," Lynch said. "There's an Iraqi identity out there. And as a result of that, they're all trying to do the right thing."

For these Iraqi activists, the willingness to participate extends beyond securing infrastructure to include actively rebuilding their communities, Lynch said. "Not every concerned local citizen aspires to be a policeman or aspires to be a member of the Iraqi army. Some of them want to go back to their own trades," he said.

The Iraqis say, "I'm OK with manning this checkpoint today, but I'm an engineer, I'm a plumber, I'm a contractor, I repair roofs. I want to do that," Lynch said.

To harness those skills, he said, "what we're working toward is generation of some kind of public works organization that would employ these folks to do things for their villages to improve the quality of life."

The other half of the capacity-building effort, Lynch explained, is supporting governance at the lowest level. From a base of order in the towns and villages, it is possible to link up the chain, back to the provincial and national Iraqi governments, to forge a working relationship from top to bottom, he said.

Lynch highlighted the town of Arab Jabour as a location of concentrated U.S. efforts to develop these relationships. "In this place where they haven't had governance for years, they've elected amongst themselves a city council that works directly with the 'qada' council and the provincial council," Lynch said.

"We become helicopter ambassadors," he said of military commanders, shuttling back and forth among Iraqi officials, making introductions and highlighting areas of mutual interest.

But whatever progress is being seen on the government and economic fronts is made possible by a base of security, Lynch said. In the transition to a capacity-building focus, aggressive security operations will continue, he said.

"I'm asked the question, 'Well, did you defeat the insurgency?' Of course not, he's still out there. He's still out there amongst us," Lynch stated.

"We're going to continue to do aggressive, offensive operations. That's what's shaping this battlefield," he added.

"What al Qaeda has lost as a result of our operations is the support of the local population," he said.

The Iraqis say, "I'm OK



Spc. Lynn Davis

SINK OR SWIM -- Sgt. Daniel McCormack, First Army instructor, standing, observes Sailors MC3 Aaron Hubner and MC2 Patrick Dille, from left, as they learn to establish a satellite link using the Digital Video and Image Distribution System. Sgt. Sergio Regal, First Army East instructor, records the training.

Soldiers share technological skills with deploying Sailors

Spc. Lynn Davis
First Army Division East PAO

Ramping up for deployment consists of hard work, training, more training and then mission specific training.

Six Sailors deploying to support American Forces Network in Iraq received Digital Video and Image Distribution System, or DVIDS, training at the Fort Dix Public Affairs Office Nov. 1 and 2.

"DVIDS is a satellite system that allows public affairs service members to get out there and take their stories in country, and then use the system which sends the stories to a satellite and then back down to the DVIDS hub in Atlanta

Georgia," said Sgt. Danny McCormick, First Army DVIDS instructor.

The Sailors, who are mass communication specialists, spent the first day of training setting up the equipment, breaking it down and repeating the process. The second day,

"I also teach them how to turn all of the equipment on and use it to actually lock on to a satellite, because locking onto a satellite is the most crucial part of the whole system," McCormick said. "If you can't lock onto that satellite then there is no way in the world that your signal is going to be received by that satellite and then transmitted back down to Atlanta."

DVIDS, which was conceived by Third Army, receives products from around the world. A marketing team at the hub in Atlanta then takes those products and markets them to the various media outlets.

"There are 140,000 service members over there and they each have a story, and the

fastest way to get that story told is the DVIDS system," McCormick said. "It really is the wave of the future."

The Sailors are set to deploy at the end of November and hope to put their DVIDS knowledge to good use.

"Hopefully it will help us get our stories and products back here quickly and help get them disseminated quickly around the world," said Petty Officer 3rd Class Aaron Hubner. "I spoke with some service members already in country and they say that they use it all the time. So, I hope we can keep it going."

Brig. Gen. Blake Williams, First Army Division East deputy commander, had a chance to visit the Sailors and summed up the joint training efforts.

"We are in a new environment these days and the training that is going on and the mission over in theater could not be accomplished without the joint efforts of the Army, the Navy, the Air Force and the Marines," he concluded.

"The mission over in theater could not be accomplished without the joint efforts of the Army, the Navy, the Air Force and the Marines."

Brig. Gen. Blake Williams
First Army East deputy CO

Vietnam Memorial items represent 25-year history

J.D. Leipold
Army News Service

WASHINGTON, Nov. 13, 2007 - When the sleek, black granite "healing wall" bearing the names of 58,256 Americans who died during the Vietnam War were dedicated on this day 25 years ago, no one thought the Vietnam Veterans Memorial would become the backdrop to more than 100,000 remembrances of those who fell.

Today, some of those healing mementos are on display at "The Vietnam Veterans Memorial: America Responds" exhibit at the Department of Interior Museum, which opened its doors here to the public Nov. 9.

"The first offering was made when a Purple Heart medal was thrown into the foundation of the memorial as the concrete was being poured, and everyday since then the public has continued to leave personal offerings," said Secretary of the Interior Dirk Kempthorne. "Every item has a poignant story to be told."

At the end of every day, items left at the wall are collected by National Park Service rangers, then categorized and stored at the National Resource Center in Maryland.

Teddy bears, belt buckles, photographs and letters, cowboy and jungle boots, flip-flops, silk roses, a Menorah and artificial Christmas tree, rag dolls made from socks, dog tags by the hundreds, service ribbons, captured North Vietnamese flags, inscribed baseballs, a tree made from lollipops and a customized Harley-Davidson chopper with the etched names of 37 Wisconsin servicemembers who never returned from the war are all

on display, symbols of pain and healing to those left behind to mourn.

"This is just a small number of the articles left behind and they somehow allow those comrades and family members who survive a greater sense of connection," the secretary said. "Many are items representative of the hopes and dreams that were

he added, and in some instances there are letters to accompany the items, which gives an idea as to what the connection was, be it from a comrade or family member.

In some cases, it was a letter that may have taken 20 years or more to finally write, to finally come and visit the wall and to bring about some healing," he said, pointing out a rag doll, nicknamed "Worry," which was made from a sock.

"When you read the letter that came with 'Worry,' you realize it was a mascot and written to one of the person's comrades who was killed," he said. "The letter goes on to say how after he was killed that the little doll was then baptized with 1,000 tears by all those who were left behind."

"We have a pair of cowboy boots that are very similar to the type worn by many of the pilots during the war," he said. "We have a pair of black pantyhose - something many veteran nurses told me was not unusual for them to wear under their jungle fatigues so they could remind themselves they were still women in the midst of all the madness," he said.

While the exhibition is a consequence of the Vietnam Veterans Memorial collection and the Vietnam Veterans Memorial is a consequence of the Vietnam War, another consequence that was not foreseen was the impact of the memorial on the American public today.

"I think one of the greatest legacies left by the Vietnam War, another consequence that they've taught this nation how to properly welcome home our Soldiers, Sailors, Airmen and Marines who are answering the call of duty, today," said Secretary Kempthorne.



J.D. Leipold photo

BEAR A BY BURDEN - Dog tags and tophat with bandanna are just a few items on display at the Vietnam Veterans Memorial exhibit in recognition of the 25th anniversary of the memorial.

interrupted by the tragedy of war."

There are no guidelines on how items were chosen for the collection, according to exhibit curator and former Soldier and Vietnam veteran Duery Felton Jr. He said whether the mementos are on display or stored at the resource, each is equally important and serves as a living memorial that is handled with the dignity, honor and sacred fashion it deserves. They all tell stories.

TRICARE benefit available to Select Reserve members

The John Warner National Defense Authorization Act for Fiscal Year 2007 (P.L. 109-364), enhanced the TRICARE Reserve Select (TRS) health plan. Under this new TRS health plan, effective Oct. 1, 2007, certain members of the Selected Reserve may qualify for health care coverage under TRS at \$81 for single coverage and \$253 for family coverage.

Selected Reserve members who are enrolled or eligible to enroll in a health benefit plan under chapter 89 of title 5 U.S.C. Federal

Employees Health Benefit Program (FEHBP), IRR and ING Soldiers are excluded from purchasing TRS.

Soldiers currently enrolled in the three tier TRS program must transition to the new program NLT 30 Sep 07.

For more information or to enroll contact your state representative listed on <http://www.tricare.mil/mybenefit>, select the "benefits update" link for the Tricare Reserve Select information page.

WANTED

1000 Soldiers with the Boldness, Audacity, Aggressiveness, and Stamina to train our nations finest Soldiers, Sailors, and Airmen.

Make History with the BEST of the BEST

Come Join
72d Field Artillery Brigade

For information on how to join us, call our Brigade Recruiting and Retention Team at (800) 562-3309 or email us at OWEAS727A@DDEP@usar.army.mil

WDIX Channel 2

24/7 information

MILITARY MATTERS

Army fields MRAP in Iraq

Sgt. Mark B. Matthews
27th MPAD

CAMP LIBERTY, Iraq - Army News Service, Nov. 6, 2007 - Towering overhead and aligned one after the other in a seemingly endless row, the Army's next generation of combat vehicles have rolled into Iraq.

The new Mine Resistant Ambush Protected vehicle is currently being fielded here for the first time anywhere, and Soldiers are getting their first hands-on look at the latest development in troop protection.

"I'm really impressed by the vehicle, mainly because of the height, and the fact that it can drive about 20 to 30 degrees on its side without rolling over," said Sgt. Mark B. Matthews, Headquarters and Headquarters Company, 4th Brigade Combat Team, 1st Infantry Division. "It is also much more comfortable. The makers of the MRAP were definitely thinking about the Soldiers."

The MRAPs come in two categories. Category one holds up to six Soldiers and will re-

place the Humvee. Category two is a longer version, which can hold a crew of 10 Soldiers. Both vehicles, although different, bring the same ideas of troop protection to the fight.



Sgt. Mark B. Matthews

NEW VEHICLES -- Pfc. Peter Medina, an infantryman with the 2nd Bde, 2nd Bn., 2nd Inf. Div., sits high in the turret of a Mine Resistant Ambush Protected vehicle during a training course at Camp Liberty in western Baghdad. These MRAPs are the first of 7,000 expected in theater by early summer.

"The vehicle has an angled bottom shell on it so it can deflect blasts a lot," said Pfc. Nicholas Lane, Company C, 2nd Bn., 2nd Bde, 2nd Inf. Div.

to operate, drive and maintain the vehicles. This training also introduces Soldiers to some new luxuries the Humvee lacked, like pneumatic doors

and suspended seats. "Hopefully, it will keep us safer out there," said Pfc. Lane. "Prior to the vehicles being handed over to the units for day-to-day use, the Soldiers are given extensive training on how to drive them," said Pfc. Lane. "This is the first course, and the vehicles are still new so we're just taking it step-by-step."

This training not only familiarizes the Soldiers with the vehicles, but gives them confidence in the MRAPs, as well, by giving Soldiers the opportunity to drive the vehicles over steep hills and through tight turns.

The MRAPs were designed to be both safe and effective for Soldiers conducting patrols, convoy security and missions throughout Iraq. As more trucks arrive in theater these trucks should play a vital role in providing security and stability to the people of Iraq.

The MRAPs are currently being fielded to units who need them the most and operate in areas with the highest threat, officials said. Although the Humvee is not expected to be phased out anytime soon, the MRAPs will begin to take its place as a new standard Army vehicle.



Natick photo

CAN YOU SEE ME NOW? -- Prototype jackets for the Improved Physical Fitness Uniform with new reflective technologies will be evaluated at Fort Hood and Fort Bliss, Texas, and Fort Lewis, Wash., between the months of November and March of 2008.

New PT jacket being evaluated

NATICK, Mass. - Army News Service, Nov. 6, 2007 - Soldiers this month will begin testing two new PT-jacket prototypes made from fabrics designed to provide more reflection in dark early-morning or evening hours.

About 600 troops at Fort Hood and Fort Bliss, Texas, and Fort Lewis, Wash., will participate in the user evaluations. The participating Soldiers will be surveyed on their opinions of the sample jackets, said officials from the U.S. Army Natick Soldier Research, Development and Engineering Center.

The U.S. Army Product Manager Clothing and Individual Equipment is working with NATICK's Operational Forces Interface Group to conduct the user evaluation of new reflective technologies which enhance the current Improved Physical Fitness Uniform jacket.

"The more visible the Soldiers are when doing PT in low light conditions, the safer they will be," said Beverly Kimball, product engineer.

Two prototype fabrics have been developed with the new technology and sample jackets have been fabricated; one has a subtle digital-reflective pattern, while the other has a slight texturized-reflective pattern.

"The prototype jackets are very similar in appearance to the current jacket during daylight," said Dave Geringer, assistant product manager, PM-CIE. "However, despite their subtle daylight appearance, both patterns are highly reflective and provide a significant improvement in visibility."

The jackets will be evaluated for comfort, durability, launderability, wind-resistance, water-resistance, warmth, and reflective capabilities.

"All participants will have an opportunity to wear all the test items. But we want to ensure that all the jackets are tested in the same climate and conditions, so we will be conducting a 'within-groups' type evaluation so styles are worn simultaneously," said Ms. Kimball. The evaluations are expected to continue through March 2008, and once complete, the data will be compiled into a final report.

--Natick PAO

USAF unifies training scheduling

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- Scheduling of all Air Force-directed formal training historically accomplished by major command personnel and manpower directorates is being centralized at the Air Force Personnel Center here to streamline services and make maximum use of Air Force resources.

Formal training includes all Air Force-level supplemental training (security, communications, electronics, etc.) and instruction at 7-level in-resident schools, as well as training at in-resident senior NCO and NCO academies.

This initiative is another step for AFPC in delivering personnel services to all Airmen and was a part of major command

personnel and manpower transformation.

Currently, Air Force scheduling for these courses falls to training offices located at each major command. By March 2008, those tasks will be centralized at AFPC's Directorate of Personnel Services.

"As we bring this process to AFPC, with its service center environment, we believe scheduling efforts focused at one location will simplify the process for our Airmen," said Col. Bill Foote, DPS director.

"We'll also be able to prioritize our training goals from an Air Force-wide perspective," Foote said.

The first part of this initiative started in October when AFPC took over scheduling re-

sponsibilities from Air Education and Training Command for NCO Academy classes in the continental United States. As a result, MAJCOMs now work their NCO Academy scheduling through AFPC as opposed to AETC.

For the NCO Academy and other Air Force-directed formal training, MAJCOMs will be removed from the scheduling process by March 2008 and units will work directly with AFPC.

Until that time, all units will continue to follow current guidelines for scheduling through their base and MAJCOM offices.

As part of the centralization process, designated e-mail boxes and a dedicated phone

line will be added for training requests.

"Once we work out the details, it will be a great benefit to the Air Force," said Chief Master Sgt. Kenneth Cunningham, chief of DPS' Air Force Education and Training Branch.

"We'll be able to develop better relationships with the functional managers and meet the training needs of specific Air Force Specialty Codes more effectively."

"With reductions in manpower at the major commands, the centralization of formal training became a 'must do,'" said Foote. "Now, our focus is to do it as effectively and efficiently as we can for our customers."

--Air Force Press News

Veterans sign on Soldier registry to record service

J.D. Leipold
ARNEWS

WASHINGTON - Army News Service, Nov. 9, 2007 - Veterans have the opportunity to record details of their service for their descendants and future generations of the American public on the Registry of the American Soldier, managed by the Army Historical Foundation of Arlington, Va.

Every registry entry will include a Soldier's name, rank, hometown and service history. Registrants may also share their stories through anecdotes, memories and photographs.

The registry will be an essential historical link between those who have served and the American public, according to a foundation official who encourages Army veterans to share their stories and memories.

He believes their memories and personal experiences will bring Army history to life and make it memorable for future generations.

Retired Col. Dave Fabian, who serves as director of communications for the foundation, said the registry is something the organization wanted to make as a feature piece to the National Museum of the United States Army which will be constructed at Fort Belvoir, Va.

Plans call for registry kiosks to be built in the museum where visitors and Soldiers can sign up their relatives or themselves, respectively. Meanwhile, those eligible may enroll through the historical foundation's Web site. Spouses, parents, children and friends may also enroll Army veterans, including those who are deceased. Those who are unable to visit the future museum may still enroll via the Internet.

"We have Army veterans signing up from 10 major wars and 178 campaigns throughout 232 years of the Army," Mr. Fabian said.

Plans call for registry kiosks to be built in the museum where visitors and Soldiers can sign up their relatives or themselves.

the foundation will add audio and locator services to the registry in the future. Visitors will be able to plug in a Soldier's name, come up with their history and hear the voice of that Soldier, he said.

Of the 52,000-plus who have signed up since the registry began in 2005, 35 percent are World War II era vets, 20 percent fought in Korea, 25 percent represent Vietnam-service Soldiers, 15 percent are currently serving and the remaining 5 percent go back as far as 1775.

For more information about the Army Historical Foundation of Arlington, visit the home page on the World Wide Web at <http://www.armyhistory.org/>. For more information on the Registry of the American Soldier, visit <http://www.us-armyregistry.org/>.

"We have individuals represented by their relatives that go back to the colonial militias and to date, more than 52,358 currently serving Soldiers and veterans have enrolled to record their service histories in their own words," he added.

Enrollees may also include a photo, though a \$10 processing fee is required. Mr. Fabian said

Announcements

MWR

Calendar of Events

Come to the Arts and Crafts Center, Bldg. 6039, to create your holiday decorations. Special classes available for cards, wreaths, gingerbread houses and more.

Call 562-5691

Army Community Service

Bldg. 5201, 562-2767

Community Newcomer's Orientation

Information - Tour - Free Lunch - Free Child Care - and Much More!

Every 3rd Thursday of each month

9 a.m. - 2 p.m.

at Army Community Service

*New service and family members are invited to attend this orientation to discover more of the little known wonders of Fort Dix and the surrounding area.

EFMP Support Group

3rd Thursday each month

10:30 a.m. to 12:30 p.m.

Army Community Service

EFMP Winter Party

Club Dix will host this year's EFMP Winter Party which begins with an Arts & Crafts session at 5:30 - 6:30 p.m. Dinner and other activities will run from 6:30 - 8:30 p.m. The evening will include a visit from Santa and his Elves who will deliver gifts to the children.

Family Advocacy

562-5200

Chaplain

562-2020

American Red Cross

562-2258

Army Emergency Relief

562-2767

Main Chapel

562-2020

Sunday Services

Protestant 9 - 10 a.m.
Catholic Mass 10:15 - 11:15 a.m.
Gospel 11:30 a.m. - 1 p.m.

Camp Victory - Chaplain's tent

Protestant 8 a.m. - 9 a.m.
Catholic 8 a.m. - 9 a.m.
Mormon 8 a.m. - 9 a.m.
Jewish 8 a.m. - 9 a.m.

Wednesday Services

Main Chapel

Protestant Bible Study noon
Chapel Library

Protestant 7:30 to 8:30 p.m.

Religious Services

Islamic Prayer room
open 7 a.m. to 4:30 p.m. Monday through
Friday - Room 24

Catholic Adult Bible Study
Sundays, 11:30 a.m.

Christian Women of the Chapel -
Bible Study - Tuesdays, 9:30 a.m. to noon

Christian Men of the Chapel -
Prayer Breakfast - Fourth Saturday of each
month, 9 to 11 a.m.

Youth of the Chapel

Every second and fourth Tuesday
7 to 9 p.m.

Jewish services available by request

For additional services or Religious Support please call 562-2020

Religious materials are available at the JRC, the Main Chapel, and Camp Victory

Holiday Events and Services

Mon., Dec. 10 - Chanuka Party, 6 p.m.
Sun., Dec. 23 - regular scheduled services
Mon., Dec. 24 - Catholic Mass, 5 p.m.;
Candlelight Service, 7 p.m.
Tues., Dec. 25 - Catholic Mass, 10:15 a.m.
Sun., Dec. 30 - regular scheduled services
Mon., Dec. 31 - Catholic Mass, 6 p.m.

Youth Center

Bldg. 1279 Locust Street

562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

Nov 16 - 22

Friday

Power Hour Store

2:30 - 6 p.m.

Computer Lab

4 - 6 p.m.

Key stone Club

6 - 8 p.m.

Saturday

Keystone Club

Thanksgiving Potluck Dinner

4 - 6 p.m.

Monday

Power Hour

2:30 - 4:30 p.m.

Arts & Crafts Club

3:45 - 4:45

Computer Lab

4 - 6 p.m.

Tuesday

Power Hour

2:30 - 4:30 p.m.

Goals for Growth

3:45 - 4:45 p.m.

Computer Lab

4 - 6 p.m.

Wednesday

EARLY DISMISSAL

Open Rec.

2 - 7 p.m.

Power Hour

2:30 - 4:30 p.m.

Sports and Fitness

3:45 - 4:45 p.m.

(weight training)

Computer Lab

4 - 6 p.m.

Thursday

CLOSED

THANKSGIVING DAY

Goals for Growth Program runs
through Nov. 20. Call for more information.

Computer Classes

for 3 - 5 year olds

Tuesdays (starting October 2)

4:15 - 5:15 p.m.

Fort Dix Child Development Center

BASIC COMPUTER SKILLS

KEYBOARD FAMILIARIZATION

PRACTICE DESKTOP SKILLS with
PULL DOWN MENUS

Read

the Post

to get your command and
community information and news



Movie Schedule

at the McGuire AFB Theatre

Movie Hotline 754-5139

Friday, November 16 @ 7:30 p.m.

Elizabeth: The Golden Age - Cate Blanchett, Geoffrey Rush, Clive Owen, Samantha Morton, Abbie Cornish - It is 1585 and, having reigned over England for nearly three decades, Queen Elizabeth I continues to face bloodlust for her throne and the lingering threat of familial betrayal. A channel away, a destructive wind of fundamentalist Catholicism blows across 16th century Europe. Backed by the Church in Rome and armed with the Inquisition, Spain's King Philip—with his powerful army and sea-dominating armada—presents an imminent threat to Queen and Country. Preparing to go to war to defend her empire, Elizabeth also struggles to balance ancient royal duties with an unexpected vulnerability in her love for Raleigh—despite his status as a commoner—who remains forbidden for a Queen sworn body and soul to her country. In the dashing and adventurous Raleigh, she sees not only an intellectual and spirited equal, but also a clarion of lands beyond, the unexplored globe, infinite freedom. And as she charts her course abroad, Elizabeth's trusted advisor, Sir Francis Walsingham, continues his masterful puppetry of her court at home—and her campaign to solidify absolute power. Through an intricate spy network, Walsingham uncovers an assassination plot that could topple the throne. But as he unmasks traitors that may include Elizabeth's own cousin Mary Stuart, he unknowingly sets England on a course of destruction.

MPAA Rating: PG-13 - for violence, some sexuality and nudity

Run time: 114 minutes

Saturday, November 17 @ 7:30 p.m.

The Heartbreak Kid - Ben Stiller, Michelle Monaghan, Malin Akerman, Jerry Stiller, Rob Corddry - After years of bachelorhood and ample pressure from his father, Doc, and best friend Mac, Eddie Cintrone starts to wonder if he is being too picky about the women he meets. So when a chance encounter with an alluring blonde named Lila leads to a sweet romance, Eddie impulsively proposes. But right after the wedding, as the newlyweds get to know each other on the drive down the California coast, Eddie begins to realize he's made a terrible mistake. Soon after reaching their exotic Mexican hideaway, he falls for the down-to-earth Miranda, who has no clue he's on his honeymoon. Now Eddie has to find a way to extricate himself from his days-old marriage without losing the girl of his dreams.

MPAA Rating: R - for strong sexual content, crude humor, language and a scene of drug use involving a minor

Run time: 115 minutes

Future Features...

Why Did I Get Married

Friday, Nov. 23 @ 7:30 p.m.

PG-13, 118 minutes.

Michael Clayton

Saturday, Nov. 24 @ 7:30 p.m.

R, 120 minutes.

To ensure delivery of holiday cards and packages by December 25 to military APO/FPO addresses overseas and to international addresses, we suggest that mail be entered by the recommended mailing dates listed below. Beat the last-minute rush and take your mail to your Post Office by these suggested dates. And don't forget you can print postage, labels, and Customs Forms online 24/7 using Click-N-Ship at usps.com/clicknship.

Remember, all mail addressed to military post offices overseas is subject to certain conditions or restrictions regarding content, preparation, and handling. APO/FPO addresses generally require Customs Forms. To see a table of active APO and FPO addresses and mailing restrictions by individual APO/FPO ZIP Codes, go to pe.usps.com and click "Postal Bulletins." Go to the current issue and see the heading "Overseas Military Mail."

APO/FPO AE ZIPs 980-052	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AE ZIP 093	N/A	Dec 4	Dec 4	Dec 1	Nov 27	Nov 13
APO/FPO AE ZIPs 094-095	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AA ZIPs 340	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AP ZIPs 962-966	Dec 18	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13

- 1/ EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO address.
- 2/ PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.
- 3/ SAM: SAM parcels are paid at Parcel Post postage rate of postage with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

Africa	Dec 19	Dec 12	Dec 12	Dec 4	Dec 4	
Asia-Pacific Area	Dec 19	Dec 12	Dec 12	Dec 11	Dec 11	
Australia/New Zealand	Dec 19	Dec 12	Dec 12	Dec 11	Dec 11	
Canada	Dec 20	Dec 18	Dec 18	Dec 11	Dec 11	
Caribbean	Dec 19	Dec 12	Dec 12	Dec 11	Dec 11	
Central & South America	Dec 19	Dec 12	Dec 12	Dec 4	Dec 4	
Mexico	Dec 19	Dec 12	Dec 12	Dec 11	Dec 11	
Europe	Dec 19	Dec 12	Dec 12	Dec 11	Dec 11	
Middle East	Dec 19	Dec 12	Dec 12	Dec 11	Dec 11	

4/ GXG is available to over 190 countries via an alliance with Federal Express. See a retail associate at participating locations for a complete list of countries and money-back guarantee details, or go to pe.usps.com and click "International Rates and Fees," then "Country Listing." You can also use the March/April 2007 issue of *MailPro*. Some restrictions apply. Free shipping supplies are available. Purchase postage online and receive 10% discount.

5/ EMS is available to over 190 countries with delivery in 3 to 5 average business days. Guaranteed, money-back service is available to Australia, China, Hong Kong, Japan and Korea (Republic of South). Flat rate shipping options and free packaging are available. Purchase postage online and receive an 8% discount.

6/ Priority Mail International is available to over 190 countries with delivery in 6-10 average business days. Flat rate shipping options and free packaging are available. Purchase postage online and receive a 5% discount.

*Average number of days may vary based on origin and destination

Championship looms on horizon

Ed Mingin
Public Affairs Staff

The Fort Dix Mitey-Mites set the tone for the postseason with the first play of the game this past weekend, as they beat Hamilton East 25-0. "Lassana Brevy scored on the first play from scrimmage with a nice run up the middle," said Fort Dix coach Steve Uzleber.

The Chargers kept that intensity up for the entire game, refusing to let Hamilton East entertain any thoughts of victory. "On Hamilton's next procession Sean Hoggis intercepted a pass and ran it in for the second score," said Uzleber. Sameer Williams and Jacob Carver added to the Chargers lead, both scoring touchdowns.

As potent as the Chargers offense was, the defense controlled the game, not letting their opponent gain any momentum.

"The Charger defense held Hamilton to one first down the entire game," said Uzleber.

The Fort Dix Mitey-Mites are no stranger to postseason action. Three years ago, the team won the Pop Warner Burlington County Championship with Uzleber at the helm.

The Mitey-Mites continued to have success in 2005, though Uzleber had moved up to the Peeewe division, making it to the final round of the County Championship before losing.

Uzleber returned to the Mitey-Mites after a couple seasons with the Peeewe, and has the team back on track. They are unbeaten this year, and are looking to carry the momentum through the playoffs.

Returning to the Championship game isn't a dream too far out of reach for this year's Mitey-Mites.

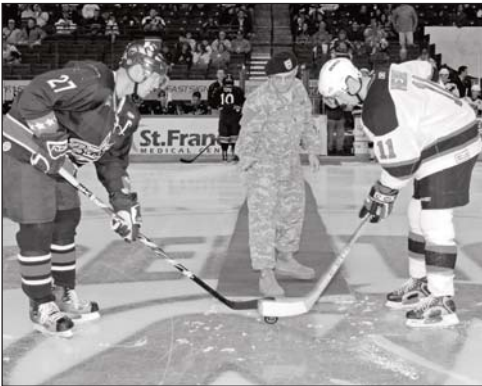
This Saturday, the team will play at New Egypt, against Delran. If the Chargers can win against Delran, they will play



Ed Mingin

Wildcats rule

Fort Dix flag football is nearing the end of its regular season. The Wildcats lead the way with a 9-1 record, followed by the Renegades at 7-3 and MRB at 6-3. Playoff action is scheduled to start Nov. 26. Sgt. Chris Thompson, above, makes a shoestring catch for the 31st earlier this season.



courtesy photo

Get your game on

Members of Team Dix/McGuire attended the Trenton Devils hockey game Nov. 10. Sgt. Maj. David W. Richer, 2nd Bat., 72nd FA Bde., stands between Greg Labenski and the Devils' Jim Henkel for the ceremonial dropping of the puck. The Devils went on to lose 5-2 to the Dayton Bombers.

Intramural Basketball is here!

2008 Fort Dix Intramural Basketball League

Coaches Meeting

November 27 at 1800

Fort Dix Intramural Basketball League is open to all Fort Dix Personnel (I.D. Required) Must be at least 18 Years Old.

Sign up today at the Griffith Field House Bldg 6053

For more Information, Contact Chris O'Donnell @ (609) 562-2769/3961



Ed Mingin

DATE WITH DESTINY -- After not making the playoffs last year, the Fort Dix Mitey-Mites are back on track. The team is still undefeated and will advance to the second round of the playoffs after beating Hamilton East 25-0 this past weekend. The Chargers will go up against Delran this Saturday at New Egypt.

against the winner of the game between Rancocas Valley Red and Cinnaminson, for the Pop Warner Burlington County Championship.

While the Mitey-Mites will

advance to the next round, the Fort Dix Peeewe lost 12-7 against Palmyra.

The loss puts and end to the season for the Peeewe, but the team is already planning for

next year.

"We had a good season and plan on being a contender next season. We ended with a 6-4 record," said Peeewe head coach Rob Oswald.

All-American Bowl selection tour

High school senior football players await their fate as the Army travels the nation to name 84 players for its All-American Bowl, an all-star game held January 5, in San Antonio, Texas.

Those selected for the bowl will follow in the footsteps of some of the country's top college and professional players and have the elite opportunity

to highlight the skills and values which Soldiers in the United States Army.

Players are selected by a committee of national recruiting experts and are placed on the East or West team.

The 138 stops on the selection tour bring Army representatives to each player's high school, where a game day jersey is presented before the player's peers, parents, coaches, athletic directors and prin-

cipals. This important opportunity allows the Army to communicate the important tie between athletes and Soldiers-- their strength, dedication, teamwork and values.

To track all of the Selection Tour stops through early December, visit www.usarmyallamericanbowl.com.

As an added bonus, the Army will inaugurate its U.S.

Army All-American Marching Band program, which recognizes the integral role band members play in the traditional, high-school football experience.

Ninety-one outstanding marching musicians from across the country were selected to participate in the 2008 All-American Bowl, and each will have the opportunity to showcase his or her talents before a national audience.

Sports Shorts

Griffith Field House
Saturday & Sunday
9 a.m. to 5 p.m.

Monday - Friday
6 a.m. to 9 p.m.

Holiday Hours
The Field House will be open 9 a.m. - 5 p.m. Nov. 22-23 for Thanksgiving.

Pool Hours
Monday - Friday
Military Lap Swim
6 - 8 a.m.
Retirees/Dep. Lap Swim
10 - 11:30 a.m.
Active Duty/DOD Lap Swim
11:30 a.m. - 1 p.m.
Recreation Swim
1 - 5 p.m.
Saturday
Lap Swim
10:30 a.m. - noon

Recreation Swim
noon - 6 p.m.
Hydro Aerobic Class
10:30 - 11:30 a.m.
Monday - Wednesday
Hydro Aerobic Class
7:30 - 8:30 p.m.

Holiday Pool Hours
Thursday Nov. 22
Closed
Friday November 23
Lap swim
10 a.m. - noon
Rec Swim
noon - 3 p.m.
Closed at 5 p.m.

Saturday
lap swim
10:30 a.m. - noon
Rec Swim
noon - 6 p.m.

Griffith Class Schedule
For more information
about activities at the Griffith

Field house, or to verify class times, call 562-4888.

Monday
Cardio Kick Express
4:30 p.m. - 5:00 p.m.
Total Toning
5:15 p.m. - 6:15 p.m.

Tuesday
Sculpting Express
9:30 a.m. - 10:00 a.m.
Spin-It
noon - 12:45 p.m.
Intro to Fitness
5:15 p.m. - 6:15 p.m.

Wednesday
Circuit Training
5:15 p.m. - 6:15 p.m.

Thursday
Step & Sculpt
noon - 12:45 p.m.
Pilates Fusion
5:15 p.m. - 6:15 p.m.

Friday
Spin-It
noon - 12:45 p.m.

Be **SLIMMER** than Santa this year

Battle the Holiday Bulge

with Holiday Fitness Fun 2007!

This year handle the holidays, before THEY handle YOU!
Does your belt mysteriously shorten over the holidays?
Statistics show that the average person gains anywhere from 7-10 lbs. over the holiday season...don't let this be you!!
Attend 24 Griffith Field House Fitness/Aerobic Classes from Nov. 7 through Jan. 2, 2008 and receive a FREE MWR Sports & Fitness CD Case! The FREE CD Case alone is so worth it, you know you'll definitely want to come to class!

To sign up for the Holiday Fitness Fun Program, sign, date and return the bottom portion of this flyer to the class instructor. You will then receive an attendance card that you should bring to every class. Sorry we will not mark cards after the fact, classes must be noted at time of attendance. ALL participants who have completed 24 classes by Jan. 2, 2008 and have their cards annotated will be presented with a CD Case!

Griffith Field House Bldg 6053 6053 & Middle St. 609 562 4888 or www.dixmwr.com

I agree to the rules and conditions for participation stated above. Detach and return form to the class instructor to obtain your attendance card for your first HOLIDAY FITNESS FUN CLASS!

Name: _____ Sex: _____
Address: _____
Phone: _____
Signature: _____

Chaplains' Corner

Chap. (Col.) Wayne Kirk
mobilization chaplain

**"Blow, blow, thou winter wind,
Thou art not so unkind
As man's ingratitude"**

William Shakespeare

There is an interesting story in the Bible where Jesus is traveling to Jerusalem and encounters 10 lepers outside a certain village (Luke 17: 11-19). Standing at a distance, they plead with him to "have pity on us" (vs. 13).

The Bible says that when Jesus saw them he told them to "Go, show yourselves to the priests" and as they went they were miraculously cleansed. Here it is: 10 men who suffered from a terrifying and debilitating ailment were all healed immediately! It is a wonderful miracle.

But what follows is perhaps even more astounding. For the text says that one man, when he saw that he was healed, came back, "praised God with a loud voice...threw himself at Jesus' feet and thanked him — he was a Samaritan" (vs. 15-16). Here was an individual who comprehended the extraordinary nature of what just occurred. For he knew that he was indeed lost in his *natural* condition but that now he was made whole! He recognized that Jesus had brought him from certain death... to life...and he was thankful!

Jesus then questions, "Were not ten cleansed? Where are the other nine...?" (vs. 17). Or in other words he asks, I healed all of them, why is it that just one came back to say "thank you"? Why were nine out of 10 so ready to accept the blessing but so unwilling to offer their thanks?

Shakespeare was right, nothing is quite as unkind and cruel "as man's ingratitude!"

We will be celebrating Thanksgiving soon. It is a national holiday and one that has won-

derful and deep roots going back to the very beginning of this country when the pilgrims celebrated the first Thanksgiving in November, 1621.

Those early settlers had just survived the horrible and bitter winter of 1620-21 and had seen in the abundant harvest of that first autumn the providential grace of Almighty God, who filled their lagers and storerooses with the sustenance needed for the upcoming winter months. They saw in that first harvest the hand of God who provides for His children in all seasons; and they were grateful. They were a *thankful people!*

What characterizes us this Thanksgiving season? Are we truly thankful

for the many blessings God has given to us individually and as a nation? Are we thankful for our mates, our children, our family, our jobs, our health, our freedoms, and our good nation? Are we thankful for those who sacrifice to preserve our freedoms?

As Christians, are we thankful that our sins are forgiven in Jesus Christ? Are we thankful for the beautiful creation given to us? Are we thankful for the steadfastness of His promises? Indeed, our cornucopia is overflowing with blessings from on high!

Do we pause, like that solitary leper, and come back to Christ, to simply say "thank you?" Do we return to the Lord and sincerely offer Him our honest gratitude? Are we like this one man...or are we more like the other nine...who perhaps felt they deserved the blessing; that they "had it coming?"

If we are ever to be a truly thankful people, it is because we understand that **all** we have is a gift from God! Just as the leper understood his restored health was a gift; just as the early pilgrims comprehended their survival was a gift; so may we learn to appreciate that all we have in this world and the next is given to us from a gracious and loving God!

Then, may **all** of us return to Him and say, "Thank you, Lord!"

We will be celebrating Thanksgiving soon. It is a national holiday and one that has wonderful and deep roots going back to the very beginning of this country when the pilgrims celebrated the first Thanksgiving in November 1621.

Honoring the Colors

Reveille
6 a.m. (0600 hours)

Military personnel in uniform

Stand at attention, face the flag and salute at first note.

Military personnel not in uniform, civilians

Stand at attention, face the flag and place right hand over heart at first note.

Military personnel in formation or in a group

Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.

Individual military personnel, civilians in a vehicle

Stop vehicle and exit. Follow steps above.

Group of military personnel in a vehicle

Stop vehicle. Individual in charge exits and follows steps above.

Retreat
5 p.m. (1700 hours)

Stand at attention, face the flag for *Retreat*, then salute at first note of *To the Colors*.

Stand at attention, face the flag for *Retreat*, then place right hand over heart at first note of *To the Colors*.

Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of *Retreat*. Calls group to "Attention" and "Present, Arms" at first note of *To the Colors*, then "Order, Arms" at conclusion.

Stop vehicle and exit. Follow steps above.

Stop vehicle. Individual in charge exits and follows steps above.



Army Community Service (ACS)

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

*A Department of the Army Accredited Soldier and Family Service Organization